

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims:**

1. *(Cancelled)*.
2. *(Currently Amended)* The exercise device of claim ~~[[1]]~~ 22 wherein the elongated tube includes a pair of ends and further comprising an other handle secured to the elongated tube, each handle associated with a respective one of the ends of the elongated tube.
3. *(Currently Amended)* The exercise device of claim ~~[[1]]~~ 22 wherein the engaging member ~~is slidably engaged with the elongated tube~~ comprises nylon.
4. *(Cancelled)*.
5. *(Currently Amended)* The exercise device of claim ~~[[4]]~~ 22 wherein ~~each of the first end and second end are connecting portions includes an end, one of the ends being~~ rounded to facilitate grasping for unsecuring the connecting portions.
6. *(Currently Amended)* The exercise device of claim ~~[[4]]~~ 5 wherein the connecting portions comprise hook and loop fastening means.
- 7-10. *(Cancelled)*.
11. *(Currently Amended)* The exercise device of claim ~~[[8]]~~ 22 wherein the ~~mounting channel~~ comprises a strip is stitched to the engaging strip member.
- 12-13. *(Cancelled)*.
14. *(Currently Amended)* The exercise device of claim ~~[[13]]~~ 24, the engaging ~~strip member~~ including connecting portions releasably securable to each other to form a loop configured to receive the portion of the user's body.
15. *(Original)* The exercise device of claim 14 wherein the connecting portions comprise hook and loop fastening means.
16. *(Cancelled)*.
17. *(Currently Amended)* The exercise device of claim ~~[[13]]~~ 24 wherein the body engaging member ~~is slidable relative to the elongated tube~~ comprises nylon.
- 18-21. *(Cancelled)*.

22. *(New)* An exercise device comprising:
- (a) an elongated tube;
  - (b) at least one handle secured to the elongated tube; and
  - (c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the engaging member being flexible along substantially its entire length,
  - (d) the first side including an adjustable portion whereby the first end and second end are releasably fastenable in different positions to permit engaging different portions of a user's body, and
  - (e) the opposite side including a channel slidably engaging the elongated tube along the length of the elongated tube for adjustably locating the engaging member on the elongated tube.
23. *(New)* The exercise device of claim 22 wherein the channel comprises a flexible material.
24. *(New)* An exercise device comprising:
- (a) an elongated tube having a length;
  - (b) at least one handle secured to the elongated tube; and
  - (c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the length extending along the along the tube length,
  - (d) the first side including a releasable adjustable portion for engaging different portions of a user's body, and
  - (e) the opposite side including a channel slidably engaging the elongated tube for adjustably locating the engaging member on the elongated tube.